



Harvest of the Month

# APPLES



## RECIPE: WALDORF FRUIT SALAD

YIELD: 8 SERVINGS

### INGREDIENTS

- 5.5 oz fresh apples, cored, unpeeled, diced
- 1/2 tsp frozen lemon juice concentrate, reconstituted
- 8 oz canned mixed fruit, chilled, drained
- 1 oz fresh celery, chopped
- 1.5 oz raisins
- 1 oz low-fat mayonnaise
- 1 tsp ground nutmeg
- 1 oz chopped walnuts

### PREPARATION

1. Sprinkle apples with lemon juice to prevent discoloration.
2. Combine apples, mixed fruit, celery, raisins, mayonnaise, and nutmeg. Mix lightly to combine.
3. Cover. Refrigerate until service.
4. Add nuts before service. Toss lightly. For best results, use same day.

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 1/4 cup fruit



## RECIPE: APPLESAUCE

YIELD: 6 SERVINGS

### INGREDIENTS

- 6 apples, any variety, rinsed
- 1/2 cup water
- 1/2 tsp of cinnamon
- 1/2 tsp vanilla extract

### PREPARATION

1. Remove the cores, seeds and peels (or leave the peels with more fiber) from all the apples.
2. Dice into small pieces
3. Pour water into a pot and add the diced apples.
4. Cover and put the pot on stove over medium-low heat.
5. Cook until the apples are tender, about 25 minutes depending on size of dice.
6. Remove from heat and cool slightly, about 10 minutes.
7. Mash the apples using a potato masher or fork.
8. Flavor with cinnamon and vanilla.
9. Serve and enjoy the applesauce right away or store in the refrigerator in a lidded container.
10. The applesauce will keep, covered and refrigerated, for up to 4 days.

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 3/4 cup fruit

## RECIPE: MAPLE APPLE FRENCH TOAST BAKE

YIELD: 8 SERVINGS

All the fall flavors you want in a sweet, satisfying baked french toast casserole!

### INGREDIENTS

- 1 1/2 cups chopped apples
- 1/2 lb whole-wheat bread, cut into 1" cubes
- 6 large eggs
- 1/2 cup lowfat milk

- 3 Tbsp maple syrup, divided
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt

### PREPARATION

1. Coat 8x8 pan with cooking spray.
2. Cut bread into 1-inch cubes.
3. Lightly beat eggs in a large bowl. Add milk, 2 tbsp maple syrup, cinnamon, nutmeg and salt; whisk to combine. Stir in the apple pieces then fold in the bread.
4. Spoon mixture into prepared baking pan. Cover with foil. Refrigerate 6 to 8 hours or overnight.
5. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat oven to 350°F.
6. Bake for 30 minutes. Remove foil and drizzle with remaining 1 tbsp maple syrup. Bake, uncovered, about 20 minutes more. Let stand for 10 minutes.

Adapted from: Vermont Farm to School



MEAL PATTERN CONTRIBUTION | 1.25 oz grain/bread  
2 oz equivalent meat/meat alternate  
1/8 cup fruit



MAINE